



SENIOR Scoop

The publication for and about the active generation of Davis County

AARP's Tax-Aide program resumes at Autumn Glow

Tax preparation services are now available from two AARP Tax-Aide volunteers at the Autumn Glow Senior Activity Center.

The Tax-Aide program is the nation's largest free tax assistance and preparation service – giving special attention to people over age 60. Each year Autumn Glow joins in supporting AARP and the IRS in offering this valuable service for our seniors and people with low-to-moderate incomes.

AARP membership is not required. Trained and certified AARP Tax-Aide volunteers will help prepare federal and state income tax returns and file them electronically while you wait.

Appointments are available for Mondays and Tuesdays now through April 8. Call Autumn Glow for an appointment at 801-544-1235.

AARP Smart Driver courses

offered at senior activity centers



Photo by Jessica Hardcastle, DCHD

THE AARP SMART DRIVER Course, offered by AARP Driver Safety and formally known as "55 Alive", is held quarterly at Davis County's three senior activity centers. By taking a driver safety course you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. Registration is required to attend the course. Upcoming courses will be held at Golden Years in Bountiful on Feb. 6 and Autumn Glow in Kaysville on Feb. 13. Call your local senior activity center for more information and to register.



Davis
COUNTY

Senior Scoop is published by the Davis Clipper in conjunction with the Davis County Health Department's Family Health & Senior Services Division.

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All issues of Senior Scoop are available at daviscountyutah.gov/senior_scoop.

Living Well with Chronic Conditions

Is your health condition controlling your life? Want to take your life back? Living Well with Chronic Conditions can help you manage your ongoing health conditions by teaching you different self management tools that can help you take your life back and control your health again. The next workshop will be held Tuesdays at 2 p.m. at Clearfield Aquatic Center (825 S State Street, Clearfield). Call Jessica Hardcastle at 801-525-5087 to register today.

Senior Day at the Legislature

Join seniors from around the state on Feb. 13 at 9:30 a.m. for Senior Day at the Legislature. Participate in a variety of activities such as attending an area agencies Request for Funding forum in the auditorium, taking a guided tour of the Capitol, or making a gallery visit and taking the opportunity to pass notes through the lobby to the floor.

Lunch will be provided in the rotunda

with visits from legislators.

Reservations are required for this special event. Please contact your local senior activity center to reserve your spot. Davis County Senior Services is providing bus transportation for those seniors who do not want to drive. The bus will start picking up seniors at 8:30 a.m. at North Davis Senior Activity Center in Clearfield.

Medicare 101 classes



Are you turning 65 or preparing to retire? Does Medicare seem complicated? Spend an hour at a free Medicare 101 class and learn how to take advantage of the benefits Medicare has to offer. Workshop will include information on when you should enroll in Medicare and what the different Medicare benefits are.

Class schedule is:

Wednesday, Feb. 12, 6:30-7:30 p.m., at Syracuse Community Center (1912 West 1900 South, Syracuse);

Tuesday, Feb. 18, 6:30-7:30 p.m., at Centerville Library (45 South 400 W, Centerville).

Workshop is sponsored by Davis County Senior Services. For more information call Marie Jorgensen at 801-525-5086.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	February 			6 AG – Arts & Crafts 10 Bridge 12 GY – **AARP Smart Driving Lapidary 8 ND – Estate Planning 11:30	7 AG – Movie/Popcorn 12 GY – Old Time Combo Band 10:30 ND – Texas Hold ‘Em 12	8
9	10 AG – Relay Utah 11:30 **Art 12:30 GY – Arthritis Exercise Class 1 ND – Foot Massages 1-3:30	11 AG – Dementia Support Group 3:30 GY – Sit n Fit 8:30 Zumba 9:30 ND – China Painting 9	12 AG – ABC Law 11:30 GY – Blood Pressure 10:30 BurchCreek Respite 1-4 ND – Respiratory Awareness 11:30	13 Senior Day at Legislature AG – **AARP Smart Driving GY – Caregiver Class 11:30 ND – Quilters 10 Knit & Crochet 12:15	14 AG – AG Choir Perform 10:30 GY – Stained Glass 9 Tai Chi 9:30 ND – Arts & Crafts 9 Ceramics 12	15
16	17 Centers Closed  Presidents Day	18 AG – DCHD Senior Services Q & A 10 GY – Tai Chi 10:30 Pinochle 1-4 ND – Blood Pressure 10:30 Shopping 12:15	19 AG – Blood Pressure 10:30 GY – Open Senior Tap 8:15 ND – Art 9 BurchCreek Respite 1-4	20 AG – Wire Wrapping 8:30 Tai Chi 7 GY – Arthritis Exercises 12:30 Photography Class 1 ND – Knit & Crochet 12:15	21 AG – Arthritis Exercise 9 GY – Soft Aerobics 8:30 ND – Home Modifications 11:30	22
23	24 AG – Oil Painting 9 Bingo 12 GY – Yoga 10 Bingo 1 ND – Health Tips 11:30 Bingo 12:15	25 AG – Tai Chi 9:45 Square Dancing 12:30 GY – **BYU Museum <i>Sacred Gifts</i> Exhibit ND – Line Dancing 1	26 AG – Respiratory Exercises 11:30 GY – Positive Aging 5-7 ND – Ask-A-Nurse 11:30	27 AG – Lifetime Fitness 9 Shopping 12 GY – Bill Curtis Band 10:30 ND – Quilters 10 Pinochle 12:15	28 **AG, GY, ND Feb. Birthday Party AG – Bingo 10:30 GY – Water Color 9 ND – Bingo 12:15	1
2	Mar. 3 AG – **Water Exercise 9 GY – Oil Painting 1-4 ND – Soap Making 9	Mar. 4 AG – Lapidary 8:30 GY – Lapidary 8 ND – Quilters 10 Pinochle 12:15	Mar. 5 AG – Ceramics 12 GY – Single’s Social 11 ND – Do It Yourself Family History 3	Mar. 6 AG – Tai Chi 9:45 GY – Computer Class 9 Shopping 12:30 ND – Porcelain 9 Pinochle 12:15	Mar. 7 AG – Lapidary 8:30 Computer 101 9:30 GY – Line Dancing 9:30 ND – Tech Lab 4	8

**** Call Senior Activity Center to Make Reservation**

(Note: Not all activities are listed on this consolidated calendar, activities are subject to change)

AG ~ Autumn Glow
(801) 544-1235
81 East Center Street
Kaysville, UT 84037

GY ~ Golden Years
(801) 295-3479
726 South 100 East
Bountiful, UT 84010

ND ~ North Davis
(801) 525-5080
42 South State Street
Clearfield, UT 84015

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- Studios
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- Two Bedroom/Two Bath Suites
- Executive Suite

Features:

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Bountiful

Legacy House of Bountiful
79 East Center Street
Bountiful, Utah 84010
(801) 294-2925
www.legacybountiful.com

Caregiver educational classes continue

Davis County Health Department's Family Caregiver Support Program continues this month with its six-week series of classes for individuals caring for family members who are older or frail. These classes are free to the public. Individuals may attend at anytime during the series.

The one hour classes are offered on Tuesdays at the Legacy Village Retirement Living dining room (1201 N. Fairfield Road, Layton) at noon or on Thursdays at the Golden Years Senior Activity Center (726 S. 100 E., Bountiful) at 11:30 a.m. The class series ends Tuesday, March 4, or Thursday, March 6. A complimentary light lunch is provided but an RSVP by each Monday at noon is required to receive a meal. No reservation is required to attend the class only.

For more information or to RSVP, contact Megan Forbush at (801) 525-5088.

Davis County Health Department's Senior Services

thanks the following agencies for helping to sponsor these classes: Legacy Village, Golden Years Senior Activity Center, Right At Home, Northern Utah Coalition, Apple Tree and Apple Village Assisted Living Centers, South Davis Home Health and Hospice, and HCNU Hospice.

Remaining class schedule is:

Feb. 6: “Identity Theft” – Betty Smauldon, Northern Utah Coalition;

Feb. 11 and 13: To be announced;

Feb. 18 and 20: “Medication Management” – Mindy Gneiting, Apple Tree and Apple Village Assisted Living Centers;

Feb. 25 and 27: “Matters of the Heart” – Denise Cook and CJ Benson, South Davis Home Health and Hospice;

March 4 and 6: “How to Manage Stress and Balance Your Life” – Angela Shumway, Hospice Care of Northern Utah.

Need help staying at home safely?

Are you over age 60? Call Davis County Health Department Senior Services at 801-525-5050 or visit our website at www.daviscountyutah.gov/seniors.

We have In-Home Services Programs that may be able to help.

Need a little help?



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